

Medical Progress from Bio-Psycho-Social Points of View Associated with Happiness of People

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Abstract

For the inaugural issue of the “Biomedical Science Journal (BSJ)” in Ciencia Scientific Publisher group, Ciencia in Spanish means science, learning, and knowledge. BSJ covers wider fields of biomedical science. Medical practice has bio-psycho-social aspects. This is characteristic of primary care (PC), integrative medicine (IM), and psychosomatic medicine (PSM). Among them, important concepts include ACCCC of PC, Hinohara-ism, and New Elderly Association (NEA) by Dr. Shigeaki Hinohara, patient-oriented medicine, evidence-based medicine (EBM), narrative-based medicine (NBM). The goal of the medicine would be the health of the body and soul with happiness. Subjective well-being can be evaluated by the Subjective Happiness Scale (SHS). Significant and meaningful reports in BSJ would be expected to contribute much to the happiness of people across the world.

Keywords: Integrative Medicine Japan (IMJ), Hinohara-ism, New Elderly Association (NEA), bio-psycho-social, Subjective Happiness Scale (SHS).

Introduction

Congratulations on the inaugural issue of the “Biomedical Science Journal (BSJ)” in Ciencia Scientific Publisher group(1). The word “Ciencia” in Spanish means science, learning, and knowledge in English. Science has always a sincere attitude and developed medicine for long years.

When looking back on the history of human beings, one of the ancestors had the role of shaman, who was the leader of the people’s settlement. The person became the medicine man to put his hand on the abdomen of the patient suffering from abdominal pain. It was the origin of the practice of medicine. After a long continuation of actual practice, medicine including research and evidence has been developed until now(2).

Biomedical Science Journal (BSJ) covers wider fields of biomedical science. It includes all fundamental aspects of medical and clinical sciences, from molecular studies to developed biomedical problems and treatment.

In other words, these specialties would mainly belong to the biological region. In general, medical practice in actual clinical circumstances has three aspects, which are biological, psychological, and social points of view(3). They are important and characteristic for some medical specialties, including primary care (PC), integrative medicine (IM), and psychosomatic medicine (PSM).

The author has majored in these areas, and hosted the annual Congress of Japanese Primary Care Association (JPCA) in 2017 with 4500 attendees. PC was introduced from the United States to Japan by supreme doctor Shigeaki Hinohara, who had been called the father of PC in Japan(4). Formerly, the basic concept of PC was shown by ACCCA, which stands for Accessibility, Comprehensiveness, Coordination, Continuity Accountability(5). After that, a recent concept has been described by Prof. Saultz, which are Access to Care, Comprehensive Care, Coordination of Care, Continuity of Care, Contextual Care (ACCCC)(6).

On the other hand, IM has become one of the indispensable and necessary medicine across the world including developed countries and developing countries(7). IM consists of two combined parts of patient-oriented aspects, which are usual Western Medicine (WM) and complementary and alternative medicine (CAM). Author and collaborators have managed Shikoku Island division of Integrative Medicine Japan (IMJ) and held an annual meeting for more than 10 years. Among them, we have made progress in IM research with lots of investigators(7).

Furthermore, we have continued the research of PSM in the combination of psychology, education, and medicine. Some studies of ego-gram for university students and graduates showed a specific tendency along with the social changes with internet development(8). In relation to these activities, we have developed the social movement of Hinohara-ism through the social movement of New Elderly Association (NEA)(9,10)

From the three fields mentioned above, there is an important concept of a bio-psycho-social point of view. It is indeed that evidence-based medicine (EBM) has a fundamental factor for medical research and development, but narrative-based medicine (NBM) from patient-oriented medicine should be considered in the actual process of clinical practice(11). EBM usually deals with countable factors, which can be compared and discussed. On the other hand, NBM deals with uncountable factors, which cannot be compared so easily. Both axes are needed for understanding the complex situation and providing adequate management(12). When we observe various social, medical, and economic situations in the world, the application of these fundamental concepts would be recommended and expected to bring beneficial results.

A major problem that is currently progressing worldwide is the ongoing Covid-19 pandemic(13). It is a threat to public health around the world, and a severe challenge for the health care delivery systems and its related all organizations(14). We must deal with actionable information and experience, which are vital to controlling and combating the outbreak(15). This crucial situation has been involved in three elements, which are bio-psycho-social aspects(16). In such critical condition, medical journals have extremely valuable role from bio-psycho-social points of view(17). Especially, Ciencia world has at present 3 journals, Biomedical Science Journal, Journal of Clinical Case Reports and Medical Research, and Journal of Clinical Virology Research. Then, the total contribution to scientific progress would be expected.

What has been the goal of medical practice and medical research? It may be the health of the body and soul and happiness for a long period, associated with a satisfactory situation from bio-psycho-social points of view(18). For a psychological perspective, there has been a useful inventory. Subjective well-being for people can be evaluated. It is the Subjective Happiness Scale (SHS) presenting the degree of happiness, validity, and reliability(19). It consists of 4 item scales as follows: i) the happiness degree of the individuals, ii) happiness based on the interaction with a related person, iii) a sense of happiness associated with positive self-evaluation, iv) a feeling of happiness from the interaction with society. Thus, happiness can be felt by personal satisfaction and surrounding people and society. The SHS score has been not influenced by short-term entertainment or other opportunities but has been sustained the level for some period(20).

When a person can feel a rather healthy state in each bio-psycho-social aspect, one maybe recognizes a rather stable and happy life, leading to a feeling of happiness to some extent. There is a well-known word “happy people live longer”, that was from Dr. Frey(21). From a meta-analysis study of 24 reports, a happy person tends to have a 14% longer life in comparison with those feeling not happy(22). Further results showed that happiness can show beneficial relationships with the control of disease or symptom (r0.13), health outcomes (r0.14), and short to long term health outcomes (r0.11-0.15)(22).

In summary, the progress and development of medical research and clinical practice can provide people healthy status from bio-psycho-social points of view. Significant and meaningful reports in Biomedical Science Journal (BSJ) would be expected to contribute much to the happiness of many people across the world.

Conflicts of Interest: None

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